

Did you know?

Heart disease and stroke are the first and third leading causes of death in the United States and in Macomb County. In response to current trends, the Macomb County Health Department's Cardiovascular Disease Risk Reduction Program (CVDRRP) offers comprehensive educational and screening services. The key focus is on risk factors you can control.

Are you at risk?

Controllable Cardiovascular Disease (CVD) Risk Factors

Overweight or Obese

High Blood Pressure

High Cholesterol

Smoking

Physical Inactivity

Diabetes

Find out how we can work together to fight cardiovascular-related diseases!

THE MACOMB COUNTY HEALTH DEPARTMENT WILL NOT DISCRIMINATE AGAINST ANY INDIVIDUAL OR GROUP ON THE BASIS OF RACE, COLOR, RELIGION, NATIONAL ORIGIN OR ANCESTRY, AGE, SEX, MARITAL STATUS OR HANDICAP.



SPONSORED BY THE
MACOMB COUNTY BOARD OF COMMISSIONERS
AND ADMINISTERED BY
THE MACOMB COUNTY HEALTH DEPARTMENT

CARDIOVASCULAR DISEASE RISK REDUCTION



PROGRAM SERVICES

*Proudly serving
Macomb County residents,
schools, organizations
and businesses*

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Clinton Township, MI 48038

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Fax: 586-412-6396
Email: alice.hatalsky@macombcountymi.gov

www.macombcountymi.gov/publichealth



EDUCATIONAL SERVICES

Healthy Kids ~ Healthy Hearts

This exciting, NACo award-winning program is designed to teach 4th grade students heart healthy habits. It is conducted one hour per week for 4 weeks. The program focuses on the importance of being physically active, eating healthy and staying tobacco-free.



Macomb in Motion

Macomb in Motion was developed in an effort to teach children that healthy habits begin at an early age. This 45-minute interactive presentation is designed to teach students the benefits of getting at least 60 minutes of physical activity a day and limiting screen time to no more than 2 hours per day. The program is tailored to accommodate kindergarten through fifth grade classrooms.

Be Smart, Eat Smart

To stress the significance of making healthy food and beverage choices, this highly interactive presentation involves fun activities and demonstrations that engage the students. This one-time presentation is available for kindergarten through fifth grade.



COMMUNITY SERVICES

Heart Health for Seniors

This program targets senior citizens in small group settings. The one-hour session has a two-fold emphasis: making “heart” health a priority; and, recognizing and controlling cardiovascular disease risk factors. Hands-on visual aids, handouts and giveaways reinforce the concepts presented.



Health Fair Displays

Is your school, agency, community group or church planning a health fair? The CVDRRP staff can provide a display and help distribute supplemental handouts. The display topics range from general heart health, to more specific information about diabetes, stroke, blood pressure or cholesterol.

SCREENING SERVICES

Community-Based Screenings

Screening services are offered at various locations within the county. Specially-trained staff screen residents for cardiovascular disease risk factors, assess family history and measure blood pressure. These screenings are provided free of charge. Contact the Macomb County Health Department to schedule a screening, or to find one near you.



Worksite Screenings

Cardiovascular Disease Risk Reduction staff provide on-site screening services. These services mirror that of the community-based screenings and also include non-fasting total and HDL cholesterol analysis. There is a nominal fee for this service.

To obtain services for your family, school, agency, workplace or community group, please contact the Macomb County Health Department's CVDRRP Program at (586) 412-3387.

